

Empowering Employee Health and Environment Changes in Low Income Worksites



Curtis H. Granger
California 5 a Day—Be Active! Worksite Program
CA Department of Health Services

California Conference of Local Health Officers
May 3, 2007



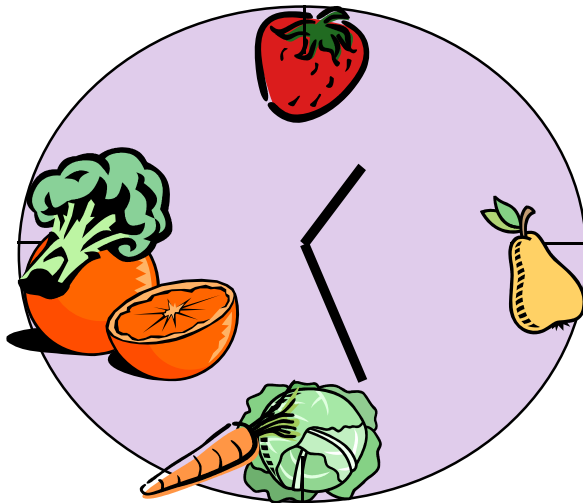
Goal of the *California 5 a Day—Be Active! Worksite Program*

Reduce the risk of chronic diseases, such as cancer, heart disease, and type 2 diabetes, as well as reduce overweight and obesity by empowering low-income working adults to eat the recommended fruits/vegetables and engage in recommended physical activity every day.

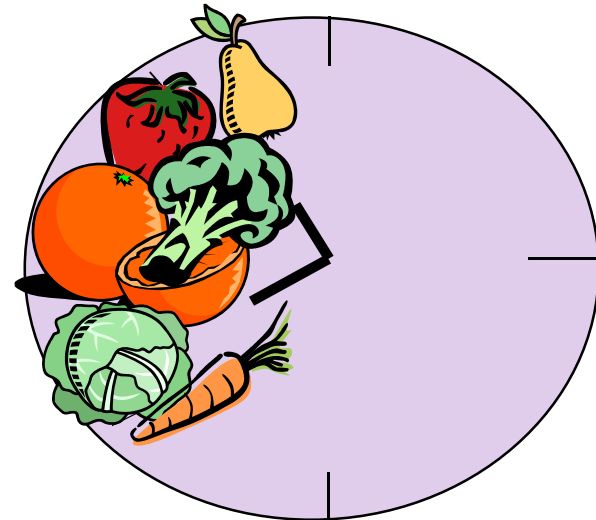


Worksites offer more access for fruits and vegetables and physical activity over the course of the day for reaching the recommended 3½ to 6½ cups per day.

At Work and Home



At Home



To meet the recommended physical activity levels most working adults (60-90 minutes) would need to spend their evenings in motion.

Bay Area Region

Counties: Alameda, Contra Costa, Marin, San Francisco, San Mateo, and Santa Clara
Contact: Suellen Haggerty, R.D.
Santa Clara County Health Department
Nutrition and Wellness
976 Lenzen Avenue
San Jose, CA 95126-2737
Phone: (408) 792-5133
Fax: (408) 947-8745
Email: Suellen.Haggerty@hhs.co.santa-clara.ca.us

Central Coast Region

Counties: Monterey, San Benito, and Santa Cruz
Contact: Kathryn Ramirez
Monterey County Health Department
1270 Natividad Road, Rm. 10
Salinas, CA 93906
Phone: (831) 755-8928
Fax: (831) 751-9015
Email: ramirezkl@co.monterey.ca.us

Central Valley Region

Counties: Fresno, Kern, Kings, Madera, Mariposa, Merced, and Tulare
Contact: Evelyn Escalera
UC Davis Extension-Fresno
1720 S. Maple Ave
Fresno, CA 93702
Phone: (559) 456-7185
Email: escalera@ucdavis.edu

Desert Sierra Region

Counties: Inyo, Riverside, and San Bernardino
Contact: Cinthia Morris
Riverside County Dept. of PH
Nutrition Services Branch
4065 County Circle Dr. #207
Riverside, CA 92503
Phone: (951) 358-7854
Email: cmorris@co.riverside.ca.us



Gold Coast Region

Counties: San Luis Obispo, Santa Barbara, and Ventura
Contact: Shar Busch
Ventura County Public Health Department
2323 Knoll Dr. Ste 318, 3rd fl.
Ventura, CA 93003
Phone: (805) 677-5235
Email: shar.busch@ventura.org

Gold Country Region

Counties: Alpine, Amador, Calaveras, El Dorado, Mono, Placer, Sacramento, San Joaquin, Solano, Stanislaus, Sutter, Tuolumne, Yolo, and Yuba
Contact: Vacant

Los Angeles Region

County: Los Angeles
Contact: Cynthia Agustin
LA County Department of
Public Health- Nutrition Program
3530 Wilshire Blvd., Suite 800
Los Angeles, CA 90010
Phone: (213) 351-7304
Email: cagustin@ph.lacounty.gov

Northcoast Region

County: Del Norte, Humboldt, Lake, Mendocino, Napa, Sonoma
Contact: Joan Levy
Health Education Specialist
Humboldt County DHHS - Public Health Branch
529 I St.
Eureka, CA 95501
Phone: (707) 441-2000
Email: jlevy@co.humboldt.ca.us

Contact: Dorina Espinoza
Physical Activity Specialist
Humboldt County DHHS - Public Health Branch
529 I St.
Eureka, CA 95501
Phone: (707) 441-4654
Email: despinoza@co.humboldt.ca.us

Orange County Region

County: Orange
Contact: Henry Torres
Orange County Health Care Agency
1725 W. 17th St.
Santa Ana, CA 92706
Phone: (714) 834-8130
Email: htorres@ochca.com

San Diego Region

Counties: Imperial and San Diego
Contact: Amelia Winslow
UCSD Division of Community Pediatrics
4305 University Avenue, Suite 590
San Diego, CA 92105
Phone: (619) 243-7254
Email: awinslow@ucsd.edu

Sierra Cascade

Counties: Butte, Colusa, Glenn, Lassen, Modoc, Nevada, Plumas, Shasta, Sierra, Siskiyou, Tehama, and Trinity
Contact: Jennifer McClendon
California Health Collaborative
25 Jan Ct., Ste. 130
Chico, CA 95928
Phone: (530) 345-2483
Email: jmccclendon@healthcollaborative.org

The *California Fit Business Kit*

- Nine powerful tools designed to help you create a workplace where healthy eating and physical activity become the norm among your employees.
- The tools are free, based on sound research, and have the potential to improve the productivity and morale of your employees



Check for Health

California 5 a Day—
Be Active! Worksite
Program

- How healthy is your workplace?
 - Workforce Characteristics
 - Health Promotion Programs & Services
 - Food Environment
 - Physical Activity
 - Policies and Incentives
 - Administrative Support
 - Health Norms and Values
 - Recommendations



CHECK FOR HEALTH

Workplace Environmental Assessment

How healthy is your workplace?



Healthy Meeting Policies

- Ideas for healthy food and beverages to serve at meetings and work gatherings
- Simple and fun ways to incorporate physical activity into meetings

California 5 a Day— Be Active! Worksite Program

The following suggestions can help you offer healthy foods and physical activity breaks to accommodate the needs of all your employees. By offering these healthy choices at workplace gatherings and events, you will be encouraging vitality and productivity while supporting workers' interests in healthy eating and physical activity.

HEALTHY MEETING POLICIES

Ideas for Healthy Food Options at Meetings

For Snacks During Meetings

Serve delicious fruits and vegetables to keep attendees alert and productive.

- Bite-sized fruits and vegetables in-season like grapes, cherries, strawberries, baby carrots, cherry tomatoes, and broccoli florets.
- Whole, fresh fruits like apples, oranges, nectarines, plums, kiwifruit, and apricots.
- Cut-up fresh fruits including honeydew melon, cantaloupe, and watermelon.
- Prepackaged fruit cups and dried fruits, which can provide a tasty treat when refrigeration is not available.
- Cut-up fresh vegetables like celery, squash, and bell peppers, served with lowfat or fat free dips.
- 100% fruit and vegetable juices, which are refreshing and nourishing alternatives to sugary drinks.

Find recipes for additional delicious and healthy meeting snacks at www.ca5aday.com/worksite/recipes.

For Meals During Meetings

Include an abundance of fruits and vegetables to help keep attendees focused and full of energy.

- Serve cut-up fresh fruit for breakfast, as a salad, or for dessert.
- Serve salads with a variety of colorful vegetables and fruits.
- Offer delicious vegetable sandwiches or a sandwich tray with lots of fresh vegetables, sliced lowfat cheeses, lean meats, and lowfat spreads.
- Serve entrées and side dishes with tasty beans, peas, and lentils.

Find recipes for delicious and healthy meeting meals at www.ca5aday.com/worksite/recipes.



Vending Machine Food & Beverage Standards

California 5 a Day— Be Active! Worksite Program

In order to increase employee access to healthy food and beverage options at work, the California 5 a Day—Be Active! Worksite Program is encouraging employers to implement the following healthy food and beverage standards in their onsite vending machines.

- State-wide standards for vending machine food and beverages
- Information on how to read a nutrition label
- List of vendors that offer healthy products
- List of healthy food & beverage options to include in your vending machines

VENDING MACHINE FOOD AND BEVERAGE STANDARDS

Food Standards

Mandatory Nutrition Standards

- At least 50 percent of foods served in vending machines should meet the following nutrition standards:
1. Have no more than 35 percent of its calories from total fat (not including nuts and seeds).¹
 2. Have no more than 10 percent of its calories from saturated fat.¹
 3. Have no more than 35 percent sugar by weight (not including fruits or vegetables; canned fruit must be packed in 100% fruit juice or water).¹

Recommended Nutrition Standards

At least 50 percent of foods served in vending machines should meet the following nutrition standards:

1. Have no more than 360 milligrams (mg) of sodium per serving.²
2. Contain at least 2 grams (g) of dietary fiber per serving.
3. When a standard becomes available, limit trans fats.³

Mandatory Pricing/Placement Standards

1. Food items meeting the mandatory/recommended nutrition standards must be sold at a price that is equivalent to or lower than the price of the remaining items within the vending machine that do not meet these nutrition standards.
2. Food items meeting the mandatory/recommended nutrition standards must be placed within the top third of the vending machine so that they are visible at eye level.

Beverage Standards

Mandatory Nutrition Standards

At least 50 percent of beverage vending machine offerings must include:

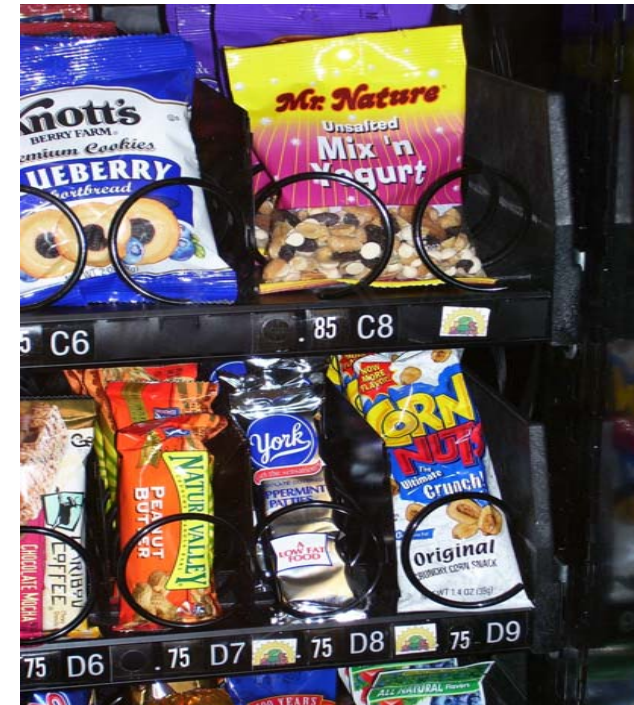
1. Beverages that contain 100% fruit or vegetable juice with no added sweeteners.¹
2. Water.¹
3. Nonfat or 1% lowfat milk.¹
4. Beverages that are limited to a portion size no greater than 12 ounces (no limit on water).
Note: If juices are available in smaller-sized portions (6 ounces), they would be preferred.¹

Mandatory Pricing/Placement Standards

1. Beverages meeting the mandatory nutrition standards must be sold at a price that is equivalent to or lower than the price of the remaining beverages within the vending machine that do not meet these nutrition standards.
2. Beverages meeting the mandatory nutrition standards must be placed within the top third of the vending machine so that they are visible at eye level.



¹ 2015 Standard
FDA definition for "healthy" food label claim
2016 report written: "Healthy Beverage Initiative: Guiding Principles for Nutrition Labeling and Formulation"
² 2015 School Nutrition Conference Panel



Healthy Dining Menu Guidelines

- Nutritional guidelines for cafeteria foods
 - entrees, side dishes, appetizers, and dessert
- Links to sample recipes

California 5 a Day— Be Active! Worksite Program

In order to increase employee access to healthy food options at work, the *California 5 a Day—Be Active! Worksite Program* is encouraging employers to implement the following healthy dining menu standards at their onsite cafeterias or dining facilities. Once you have begun providing menu options that meet these healthy standards at your worksite, we encourage you to branch out and recruit nearby restaurants to implement the standards as well.

HEALTHY DINING MENU GUIDELINES

Healthy Dining¹ Entrée Guidelines

The following check-mark system (✓✓ and ✓) should be used to identify full entrées/meals that meet Healthy Dining's nutrition guidelines² for calories, fat, cholesterol, and sodium.

Calories:	✓✓	Excellent Choice:	0 to 450 calories/entrée
	✓	Good Choice:	451 to 750 calories/entrée
Fat:	✓✓	Excellent Choice:	0 to 15 grams (g)/entrée
	✓	Good Choice:	16 to 25 grams (g)/entrée
Cholesterol:	✓✓	Excellent Choice:	0 to 75 milligrams (mg)/entrée
	✓	Good Choice:	76 to 150 milligrams (mg)/entrée
Sodium:	✓✓	Excellent Choice:	0 to 300 milligrams (mg)/entrée
	✓	Good Choice:	301 to 600 milligrams (mg)/entrée

The entrée guidelines also include an emphasis on fruits and vegetables. A symbol such as 🍎 should be used on menus to indicate entrées that provide at least 2 servings (approximately 1 cup) of fruits or vegetables.

Healthy Dining Guidelines for Side Dishes, Appetizers, and Desserts

The following check-mark system (✓✓ and ✓) should be used to identify side dishes, appetizers, and desserts that meet Healthy Dining's nutrition guidelines² for calories, fat, cholesterol, and sodium.

Calories:	✓✓	Excellent Choice:	0 to 150 calories/serving
	✓	Good Choice:	151 to 250 calories/serving
Fat:	✓✓	Excellent Choice:	0 to 5 grams (g)/serving
	✓	Good Choice:	6 to 8 grams (g)/serving
Cholesterol:	✓✓	Excellent Choice:	0 to 25 milligrams (mg)/serving
	✓	Good Choice:	26 to 50 milligrams (mg)/serving
Sodium:	✓✓	Excellent Choice:	0 to 100 milligrams (mg)/serving
	✓	Good Choice:	101 to 200 milligrams (mg)/serving

The guidelines for side dishes, appetizers, and desserts also include an emphasis on fruits and vegetables. A symbol such as 🍎 should be used on menus to indicate side dishes, appetizers, and desserts that provide at least 1 serving (approximately ½ cup) of fruits or vegetables.

Sample Recipes

For recipes that meet these guidelines, please visit www.ca5aday.com/worksites/recipes.

¹ As featured in the book series *Healthy Dining* (www.healthydining.com).

² The entrée/meal guidelines are based on ½ of the daily nutrition guidelines recommended by leading health organizations.

³ The calories, fat, cholesterol, and sodium guidelines for side dishes, appetizers, and desserts are equal to ½ of the entrée guidelines.



Ordering Farm Fresh Produce for the Worksite

- Step-by-step how to order boxes of produce directly from **local farmers**
- Step-by-step how to order boxes of produce from **private companies**
- How to make your produce deliveries sustainable



California 5 a Day— Be Active! Worksite Program

In order to increase employee access to healthy food options at work, the California 5 a Day—Be Active! Worksite Program is encouraging employers to implement this easy-to-use guide, which offers step-by-step instructions on how to order boxes of fresh fruits and vegetables from local farmers and have those boxes delivered right to your worksite.

SIMPLE STEPS TO ORDERING FARM FRESH PRODUCE FOR THE WORKSITE

Did you know that having sweet, juicy fruits and crisp, crunchy vegetables delivered directly to your worksite will give your employees enough energy to power through the day? Imagine the impact this could have on improving productivity and your bottom line! If healthy employees and profitability are of interest to your organization, then this simple guide to worksite produce delivery is right for you.

This easy-to-use guide offers step-by-step instructions on how to order boxes of fresh fruits and vegetables from local farmers and have those boxes delivered right to your worksite, or to a nearby location, with a schedule that meets your needs.

How to Order Boxes of Fresh Fruits and Vegetables from Local Farmers

One simple way to have fresh fruits and vegetables delivered to your worksite is to participate in a Community Supported Agriculture (CSA) Program. A CSA Program provides locally grown, seasonal fruits and vegetables to workplaces, or individuals, on a subscription basis. This subscription typically includes a weekly delivery of one or more large boxes of produce. Each box of produce contains enough fruits and vegetables to feed a family of four for a week. If a CSA Program is right for your worksite, here are a few steps you should consider:

- The cost for each weekly CSA delivery of fresh fruits and vegetables ranges from \$13 to \$30 per box. Collaborate with your management staff and employees to determine the best way to pay for the fruit and vegetable deliveries.
- If your worksite pays for the fresh produce, you can distribute the items to your employees as snacks that they can enjoy during breaks and lunchtime/dinner time, at meetings, and throughout the workday. You'll be surprised by how well this small investment will go over with your employees.
- If your worksite is unwilling to pay for the fruit and vegetable deliveries, you can determine whether individual employees or groups of coworkers would like to pay for the produce themselves. With this approach, the employees who pay for the produce deliveries can choose whether they want to share the fruits and vegetables amongst themselves during the workday and/or take the produce home to share with their families.
- Another approach is to share the cost of the fruit and vegetable deliveries between the worksite and the employees.
- Designate a person in your office who will be responsible for coordinating the CSA fruit and vegetable deliveries.
- Locate participating CSA farms in your area by visiting www.localharvest.org. This easy-to-navigate Web site will allow you to search for a CSA farm by city, zip code, or state. Additional CSA resources can be found at www.nal.usda.gov/dnrc/csa/, a Web site hosted by the United States Department of Agriculture.
- Contact a nearby CSA Program to set up a partnership agreement or subscription between your worksite and the farm.



Establishing a Worksite Farmers' Market

- How to get started
- Planning your market
- Promoting your market
- Additional websites resources

California 5 a Day— Be Active! Worksite Program

In order to increase employee access to healthy food options at work, the California 5 a Day—Be Active! Worksite Program is encouraging employers to implement this easy-to-use guide that shows you how to set up and maintain a farmers' market at or near your worksite so that you and your employees can conveniently shop for fresh fruits and vegetables every week.

A GUIDE TO ESTABLISHING A WORKSITE FARMERS' MARKET

Before You Get Started

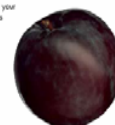
If you are interested in setting up a farmers' market at or near your worksite, here are a few things to consider before you get started:

- Assess whether your worksite or a nearby location, like a community park, has enough space to accommodate a farmers' market. Your location should have enough space for the farmers to park their trucks and drop off their loads. There should also be enough space for each farmer to set up their 10'x10' booth, and for customers to easily and safely walk among the vendors and other customers.
- Make sure you have a large enough customer base to support a farmers' market. As a general rule, a minimum of 200 regular customers is needed to support a very small farmers' market, which has five farmers/vendors.
- Determine whether the farmers' market site has:
 - Electricity and water in compliance with local codes and laws;
 - Disabled person and health code compliant restroom facilities within 200 feet for use by customers and vendors;
 - Adequate storage for market supplies and equipment;
 - Adequate parking, if the customers include people from the community;
 - Enough trash receptacles to handle the volume of farmers' market trash; and
 - Appropriate zoning. Check with the local zoning board, planning department, or other organizations that may have jurisdiction over the site to make sure the farmers' market is located in a legally feasible place.

Getting Ready to Open the Farmers' Market

Once you've determined that a farmers' market is right for you, here is what to do:

- Organize a worksite team to help walk through the steps in setting up the farmers' market.
- Determine whether you want to go with a farmers' market association approach or work with local farmers directly to set up a farmers' market.
 - With the farmers' market association approach, contact your local farmers' market manager to discuss your interest in organizing a farmers' market at your worksite. The manager and his/her farmers' market association can help to coordinate most of the logistics associated with market operations, including obtaining the license and permits and securing the appropriate number of local farmers. Your role as the worksite will be to provide space for the market and to promote it. To identify a farmers' market manager near you, go to the California Federation of Certified Farmers' Markets Web site at www.cffarmersmarkets.com.
 - If you do not have a farmers' market association in your area, you can work directly with one or more farms to supply produce for a farmers' market. Typically, the farm representative will coordinate most of the external logistics, such as handling insurance issues, while the worksite will provide the space for the market. To find a list of farms near you, go to www.buylocalca.org/gloss.html or contact your local Farm Bureau.



Improving Worksite Stairwells

- Ideas on how to create attractive and inviting stairwells
 - sample motivational signage
 - sample inspirational quotes
- Encouraging stairwell use
- How to keep your stairwells safe

California 5 a Day— Be Active! Worksite Program

The following suggestions can help your employees enjoy the benefits of physical activity. Simply taking the stairs on a regular basis can make a difference in the energy level and vitality of your workforce.

A GUIDE TO IMPROVING WORKSITE STAIRWELLS

Wouldn't it be great if there was a way for you and your coworkers to be active during the day without having to pay for a gym membership or even having to leave your worksite?

Well, there is. Surprisingly enough, those underutilized stairwells at your worksite are an inexpensive and effective way to add physical activity into anyone's daily routine. By simply climbing up or down a few flights of stairs every day on your way to lunch or in between meetings, you will strengthen your heart, muscles, and bones without having to miss a beat during your busy workday.

This resource provides you with the information you need to spruce up your worksite's stairwells and motivate and encourage all employees to utilize them in an effort to improve overall health and well-being, as well as your bottom line.

Stairwell Basics

In order to make the most of your worksite's stairwells and to ensure an enjoyable passage for all who use them, make sure that the following basic elements are in place:

- The stairwells need to be safe, with controlled access from the outside.
- Stairwells should be well-lit with good visibility (including mirrors and video cameras if needed).
- Stairwells should be well constructed and maintained, equipped with non-slip or nonskid treads, and cleaned regularly.

Creating Attractive and Inviting Stairwells

Once you have established that your worksite's stairwells are equipped with the basics, it is time to think outside of the box and come up with inventive and interesting ways of making the stairs the most appealing choice for employees. In order to do this, consider implementing any or all of the following ideas:

- Post motivational signs and prompts at elevators that encourage employees to take the stairs. Visit www.cdc.gov/nccdphp/dhpa/stairwell/motivational_signs.htm to obtain sample signs that have been tested and found to be effective. See examples below:



Worksite Walking Clubs

- The importance of walking
- Step-by-step how to start a walking club
 - Planning
 - Promotion
- Keeping employees safe
- Keeping your walking club going
- Evaluating the success of your walking club

California 5 a Day— Be Active! Worksite Program

The following suggestions can help you offer safe physical activity to accommodate the needs of all your employees. By offering a worksite walking club, you will be encouraging vitality and productivity while supporting workers' interests in increased physical activity.

A GUIDE TO ESTABLISHING WORKSITE WALKING CLUBS

Are you looking for an easy way to get healthy during the workday? Interested in finding an activity that can be both social and beneficial to your health? Participating in a worksite walking club is a great way to accomplish these goals. This guide is designed to walk you through the steps you need to take to create a successful walking club at your worksite.

Why Walk?

It's Healthy

Walking...

- Improves flexibility and coordination.
- Helps to control body weight and reduce body fat.
- Improves mood and relieves symptoms of depression and anxiety.
- Reduces high cholesterol and lowers blood pressure.
- Strengthens bones.
- Reduces the risk of chronic diseases like heart disease, stroke, type 2 diabetes, and some types of cancer.

Overall, regular participation in physical activities, like walking, is associated with increased life expectancy!¹

It's Cost-Effective

- A healthier workforce results in lower rates of absenteeism, increased productivity, and lower health care costs for employers.

It's Social

- Coworkers interact with each other, building a stronger sense of teamwork and increased morale.

Walking is one of the best, most convenient forms of physical activity. It can be enjoyed by those young and old, fast or slow, beginner or experienced.

Step 1: Organizing Your Walking Club

Before starting a walking club, it is important to identify 3 to 5 people to help you start your club. These employees will help you promote the walking club and encourage employee participation. These individuals might already exist in the form of a worksite wellness committee or advisory group.

As an alternative, consider asking people who are already walking for fitness to be "charter members." Suggest that each charter member ask 2 or 3 coworkers to join. Remember to invite supervisors and/or human resources (HR) staff as well.

Step 2: Planning the Details of Your Walking Club

When planning a worksite walking club, be sure to consider the following:

When and How Often Will the Club Meet?

- Set a specific, standard time when most employees are able to attend (e.g., a time when no regularly scheduled meetings occur like during morning, lunch, or afternoon break periods).
- Piggyback on existing events that can complement the walk, such as walking to a nearby farmers' market.
- Ideally, participants should walk 2 to 3 days a week (e.g., Monday/Wednesday/Friday or Tuesday/Thursday). Daily, would be even better!

¹ Darton & Grant 1993, US Dept of Health 1996, British Heart Foundation 2009. For more info, see: www.random.org.uk/NFO/worksites/health.html#walks



TAKE ACTION! CALIFORNIA 5 A DAY—BE ACTIVE! WORKSITE PROGRAM



Choose fruits, vegetables,
and physical activity
for a productive workforce.



A FREE, FLEXIBLE, 10-WEEK EMPLOYEE WELLNESS PROGRAM . . . October 16, 2006

[Home](#) | [Site Map](#) | [Contact Us](#)

+ [Step By Step](#)

+ [Activities](#)

+ [Evaluation](#)

+ [Resources](#)

[Email Page](#)  | [Print Page](#) 



Take Action!: Choose Fruits, Vegetables, and Physical Activity for a Productive Workforce

Take Action! is a free, flexible, 10-week employee wellness program that encourages fruit and vegetable consumption and regular physical activity among employees while fostering teamwork and boosting morale.

In addition to the health benefits individual employees gain from participating in the program, the results of *Take Action!* help businesses by improving job performance and morale, lowering absenteeism and turnover, reducing disability days, and lowering medical costs.

SPOTLIGHT



Quick Start Guide

Print out the [Quick Start Guide](#) and the [timeline](#) or continue reading through the *Take Action!* website for [step-by-step](#) directions on planning, promoting, implementing, and evaluating the *Take Action!* program in your worksite.

Take Action! Feedback

“My doctor told me that my HDL levels were up and my LDL was down, just by eating more fruits and vegetables. He said keep up the good work!” – Female Employee

“I am encouraged with the results and feedback so far... it has success written all over it!” – Health Promotion Coordinator

“We received a lot of great ideas and support. Over two-thirds of our employees participated in the program, far exceeding our expectations. It was a nice addition to our overall wellness program to promote healthy eating along with healthy lifestyles.” – Management



Take Action! Kick-off Events



Lundberg Family Farms- Richvale, CA



Take Action! Kick-off Events



Watsonville Parks and Recreation



Take Action! Kick-off Events



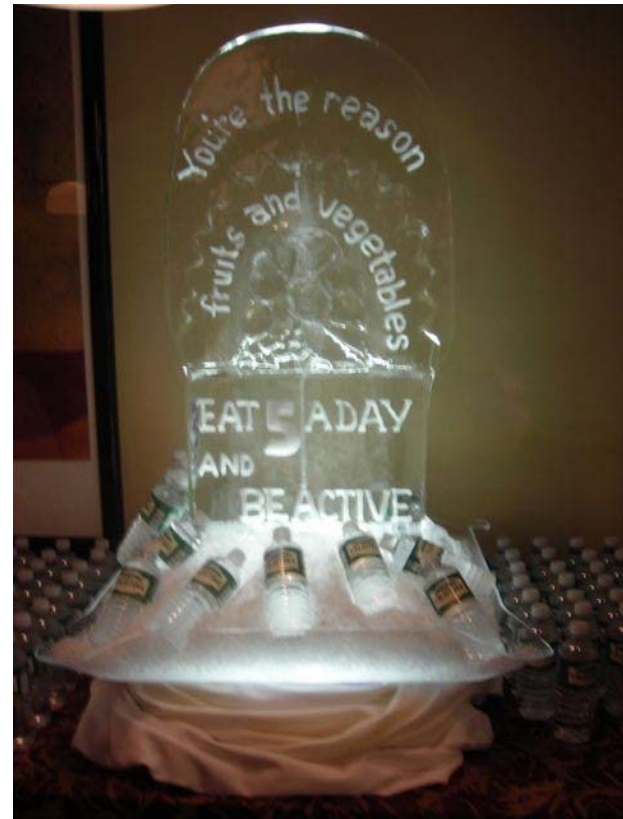
Whitcomb Hotel, SF



Take Action! Kick-off Events



Grand Hyatt Hotel, SF



Take Action! Kick-off Events



American Apparel, LA



California Fit Business Tips

- Monthly tips that provide practical suggestions for incorporating fruits and vegetables and physical activity into the workday.
- Sign up to receive the Fit Business Tips at: www.ca5aday.com/worksite



Fit Business Tips of the Month FEBRUARY

February is American Heart Month. Heart disease is the leading cause of death in the United States, but the good news is that it is preventable. A healthy diet, rich in fruits and vegetables, and participating in daily physical activity are two of the easiest ways to decrease your risk of developing heart disease. High blood pressure, high cholesterol, and type 2 diabetes are all directly linked to heart disease, so it's important to make sure that your numbers are in check. Check out www.americanheart.org for more information about keeping your heart healthy. This month's fruit and vegetable of the month, kiwifruit and potatoes, are both great choices for improving heart health.

QUICK AND SIMPLE TIPS

Not All Cholesterol is Bad. Cholesterol is a fat-like, waxy substance that is found in your blood. There are two kinds of cholesterol, High-Density Lipoprotein (HDL), the "good" cholesterol, and Low-Density Lipoprotein (LDL), the "bad" cholesterol. Having too much LDL cholesterol in your body puts you at serious risk for heart disease. Eating a diet rich in fruits and vegetables and low in saturated fat will help your body keep its cholesterol level within a healthy range. To learn more about cholesterol [click here](#).

Put Some Heart Into it. With the month of love here, it is a great opportunity to spend time with your Valentine and participate in some physical activity together! Take a nice stroll after dinner with that special someone. Spend the day walking around somewhere new, go for a scenic bike ride, or go on a hike! Prefer indoor activity? What better way to spend your night than out dancing or trying a new exercise class?!? Have fun being active with the one you love!



Why the *Fit Business Kit*?

- Comprehensive program that offers nutrition and physical activity education and tools to create sustainable environmental changes
- Improve employee productivity, reduce absenteeism, and increase personnel morale/teamwork
- Based on extensive research
- **Available online to all business and free of charge!**



Worksite Collaboration

- Access point for adult health education
 - Hypertension
 - Diabetes
 - Cancer Detection
 - Benefits of Breastfeeding
 - Etc.

- Take Action! Employee Wellness Program
 - Education segments built into program



Acknowledgements

- Funding agencies
 - USDA Food Stamp Program
 - Preventive Health and Health Services Block Grant of the Centers for Disease Control and Prevention
- Over 500 private- and public-sector partners



For More Information, Contact:

- **Dona Francis**, Health Educator, CA 5 a Day Be Active! Worksite Program, dfrancis@dhs.ca.gov
- **Curtis Granger**, Program Manager, CA 5 a Day Be Active! Worksite Program, cgranger@dhs.ca.gov

www.ca5aday.com/worksite

